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## **Care after Migraine I Surgery**

This page contains answers to frequently asked questions regarding your care after Migraine Surgery. This information will help you remember the instructions given to you after surgery. Please have someone available to help care for you after your surgery.

### **What will I see when I look into a mirror?**

The incisions will be in the crease of the upper eyelids will be repaired with very fine sutures. You may be able to see the knots at either end of the eyelids. We normally use clear sutures which have a long tail that you may see or feel at the inner and outer corners of the eyes. The eyelids will be a bit bruised, puffy, and sometimes weeping a clear red to yellow fluid. This is normal. Your eyelids will be more swollen in the morning and will gradually improve during the day. It takes 10 days to 2 weeks for all the swelling to resolve, sometimes longer.

### **How will my eyes feel?**

The eyelids will feel mildly painful and sometimes itchy. Your eyes may feel dry, and your vision may be slightly blurry due to swelling and the medications used during the surgery. We will have you use artificial tears/ointments to keep your eyes lubricated. We also recommend wearing wrap-around sunglasses when you are in bright light. They will provide protection from both the light, and air movement.

### **How long should I use ice packs?**

We recommend that you use cold compresses for 10 minutes out of 30 min for up to 12 hours after your surgery. This will help to minimize bruising and swelling.

### **When can I shower or take a bath?**

You can take a tub bath but avoid rubbing or directly washing the eyelids. Wait to shower for 4-5 days after your surgery using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water. Avoid allowing water to run directly over your eyelids. Pat your eyelids dry and apply a thin layer of the bacitracin ointment to the eyelid incision lines. Please avoid using a hair dryer around the face as the surgical area will be numb and difficult to tell if the area is getting too hot.

### **When can I wear eye make-up?**

In general, you should be able to use hypoallergenic eye make-up 2 weeks after your surgery.

## **When can I put in my contact lenses?**

For the first few days after surgery, your vision may be blurry. You can put in soft lenses 2 weeks after your surgery. Use of hard contact lenses normally requires more recovery time before you are comfortable wearing them, so plan on 3 weeks after your procedure.

## **What can I do after surgery?**

You should take it easy for several days following the surgery and gradually increase your activity as you feel more comfortable. Avoid lifting more than 5 lbs and avoid bending over with your head hanging down for 2 weeks. No heavy exercise for 3 weeks and be sure to gradually return to your normal exercise routine.

Sleep on your back for two weeks in a semi reclined position, using pillows to elevate your upper body to approximately a 45-degree angle.

## **When can I drive?**

You should be able to drive about 5-7 days after surgery or when the swelling resolves. You should never drive if you are still taking any narcotic pain medication.

## **When will I be able to return to work?**

Depending on the type of work you do, you should be able to return to your job in 2 weeks or as soon as you are comfortable. If your job does not require heavy activity, you should be able to go back in 7 to 10 days.

## **How much pain will I have?**

It is expected to have forehead numbness after surgery. The most surgical discomfort that you will have lasts 3 to 5 days, sometimes a little longer. As you feel more comfortable, your need for medication will lessen.

## **What medications should I use?**

We will prescribe you a narcotic pain medication (if not already taking one), an antibiotic eye ointment, and sometimes a medication for nausea. Follow the directions on the bottle for their use. The pain medication will make you feel drowsy. Have someone assist you in your home and do not attempt to drive while you are taking the narcotic pain medication. If you experience migraine pain, you can take your migraine medications that do not contain non-steroidal anti-inflammatories such as aspirin, ibuprofen, or naproxen. Most patients will find that Extra Strength Tylenol will take care of the discomfort. Do not use aspirin or ibuprofen for 7-10 days after surgery. Apply the ointment to your eyelid incisions twice a day for 7 days.

## **Can I drink alcohol?**

Do not drink alcohol for 5 days after your surgery.

## **When will I have a follow up appointment after surgery?**

You will have a follow up appointment \_\_\_\_\_ after surgery. Additional appointments will be necessary and based on your recovery.

## **How will I know if I am having a problem?**

Urgent problems after migraine surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

### **Vision Problems**

If you experience any change in vision, “flashing lights”, or loss of peripheral vision, contact our office immediately.

Please contact the office if you experience:

- Severe pain that does not respond to medication
- Increasing pain, swelling, or redness at the surgical site
- Fever
- Leg swelling (in one or both legs) with, or without pain
- Medication reaction – skin rash, itching, vomiting, diarrhea
- Shortness of breath, chest pain – Call 911 and let our office know

If you have any of the above problems or other questions or concerns, please contact my office at **440-461-7999**